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HYGEIA COOK BOOK



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THE HYGEIA COOK BOOK

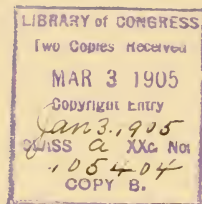
Cooking for Health.

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BY

MARY A. HEARD, D.O.



INTRODUCTION.

ONE of the chief ailments of mankind is indigestion, with its kindred ills, especially flatulence. To avoid this, one must needs eat food which will digest easily, and not be retained in the stomach long enough to ferment. If food is agreeable in taste and varied in character it is more readily assimilated by the system.

The word diet does not convey a pleasant idea, — it brings to mind food that is good for us, but not palatable. In this collection we have endeavored to have a variety of recipes of foods that are good for us, and at the same time tasty and appetizing. All foods of a fermenting nature have been eliminated, so far as possible; but we must bear in mind that a weakened stomach will not be able to digest certain articles of food, with which a healthy stomach would have no difficulty.

Almost any food left too long in a moist, warm receptacle, like the human stomach, will ferment; hence the necessity of eating food which will digest easily. A food which is the product of fermentation, such as yeast-raised bread, and which still contains the yeast germs, will continue to ferment and produce carbonic acid gas as soon as it reaches the medium of the stomach. The yeast may be killed in the crust of the loaf of bread by baking, but it is still active in the crumb, even of stale bread, although it may be killed by long toasting. Bread raised by chemicals (soda and cream of tartar) should not be eaten, as it still contains the chemicals, which are injurious to the delicate lining of the digestive tract.

The foregoing paragraph explains why one should use only air or egg for making bread and cake light. Air- or egg-raised bread or cake will not ferment in the stomach. Vinegar, being also a product of fermentation, is debarred, lemon juice, a fruit acid, taking its place.

Meat and fish are excluded from these recipes because both are already on the way to disintegration; in other words, they are dead, and incapable of feeding mankind; we cannot get life from death.

In vegetables, grain, eggs, fruits, and nuts we have stored-up life; under proper conditions each will produce life. These are genuine foods, and will build strong bodies for those who eat them. The gladiators of ancient times, noted for their great strength, lived principally on barley bread. The animals which are the strongest, swiftest, and of greatest endurance, are herbivorous. In modern times, in tests of strength and endurance, where vegetarians and men who live on a mixed diet have been pitted against each other, the former have made the best records. Meat, acting as stimulant, gives temporary strength only; for lasting strength one must go to the vegetable kingdom.

Beans, carrots, parsnips, and foods of this nature require strong digestive power; one with weak digestion should choose dishes made with milk, eggs, grains and fruit, and avoid other foods till the digestion becomes stronger.

Avoid too great a variety at one meal, for many times it is the combination eaten which causes fermentation, not any one article; also the amount of food eaten. It is not what we eat, but what we assimilate, which builds up the body.

We need a certain proportion of strength-giving, heat-producing and fat-making foods to make a well-balanced meal. Proteid gives muscle and strength, and is found in beans, peas, lentils, cereals, nuts, milk and the white of egg. Fats and carbo-hydrates give heat and energy, and are found in butter, nuts, milk, yolk of egg, cereals, and sweet fruits. From vegetables and fruits we get salts and extractives, and water in a pure organic form. Fruit should form a portion of each meal, and preferably should be eaten first.

All food which is cooked at all should be well cooked,—this renders it easier of digestion. In starchy food, longer exposure to heat more effectually breaks the starch granules; and in vegetables, long cooking brings them to a more digestible stage.

The water in which vegetables are cooked contains the salts of the vegetable, they being soluble; these salts are in a form readily assimilated by man, and necessary to his health; therefore never throw away the water in which vegetables are boiled,—either boil it away, or use it for soup.

Where vegetables are thus conservatively cooked, their own salts being retained, mineral salt (chloride of sodium, the ordinary salt of domestic use) will be less missed than when the water containing the vegetable salts is thrown away. After a time of total abstinence from mineral salt the natural flavor of the food will be found, and we shall get the real taste of food, which had heretofore been hidden by the salt. A little lemon juice often will give a salt taste to food.

Inorganic salt cannot be assimilated by the human organism, therefore not being a food, it is excluded from these recipes. It must be eliminated from all food before the food can be acted upon by the stomach; and thus it puts an unnecessary tax upon the digestive powers. That salt is an absolute necessity to keep the body in health is an undisputed fact, but it must be organic, not inorganic, salt.

For drinking purposes use either distilled or boiled water; when water is used for cooking, use distilled or boiled water.

Spices and condiments are not easy of digestion, and should be avoided, or used sparingly, especially ground clove.

Frozen desserts, such as sherbet and ice cream, are refreshing in warm weather, and will do no harm if eaten in moderation, and slowly, allowing them to melt in the mouth.

A number of recipes included in this collection were taken from "The Boston Cook Book," by kind permission of Mrs. Lincoln. This most excellent book should be in the possession of every house-keeper; it contains very valuable information.

M. A. H.

DIRECTIONS.

THE cup used in measuring is a tin half-pint cup divided into thirds and quarters.

The tablespoonful means that the contents of spoon should round up in same degree that the spoon rounds under. Half a spoonful is measured by levelling the spoonful with a knife; a quarter spoonful by halving the half spoonful. This applies to any sized spoon.

Tbsp. stands for tablespoon.

tsp. " " teaspoon.

hp. " " heaping.

In all rules for unleavened bread, whether made light with egg or air, an amount of beating is necessary to insure greater lightness.

In almost all cases where egg is used, and the yolk and white beaten separately, it is best to beat the whites stiff, then drop the yolks in, one at a time, beating well between; this renders the bread or cake more tender.

In thickening soups or sauces melt butter in pan, and stir in flour dry, mixing till there are no lumps, then add hot liquid slowly, stirring all the time; if it should lump, let it boil hard, and beat it at the same time, till the mixture is smooth. There should be sufficient butter to moisten the flour so the whole is liquid before adding the stock. If too much butter is used it will not be absorbed by the flour, but will rise to the top and make the dish greasy and indigestible.

The madeira cake may be taken as a basis for butter cake, the sponge cake as a basis for egg cake, and many variations made of either by the addition of raisins, currants, citron, spices, etc. The cake made without butter will be more porous and contain larger air spaces than that with butter, but will dry sooner.

The gem pan of cast iron, flat on the bottom, may be bought at Walker's Kitchen Furnishing store on Cornhill, Boston. There are various styles, but the one containing the twelve little pans is the best.

M. A. H.

SOUPS.

LENTIL SOUP.

2 cups lentils	1½ Tbsp. butter
4 " water	2 " flour

Pick over, wash lentils, and soak over night in the water. Boil three or four hours, adding water to keep the same amount. Mash all through strainer. There should be four cups after straining. Melt butter in saucepan, add flour, mix well, then add hot lentils slowly, stirring well until it thickens. After all is mixed together let boil up thoroughly.

PEA SOUP.

Same proportion and method as lentil soup.

BAKED BEAN SOUP.

3 cups cold baked beans	1½ Tbsp. butter
3 " water	2 " flour

Boil a few minutes, mash through strainer. Melt butter in saucepan, add flour, and mix well. Pour in hot beans slowly, beating thoroughly. Boil up, and serve.

BLACK BEAN SOUP.

1 cup turtle soup beans	1½ Tbsp. butter
	2 Tbsp. flour

Soak beans over night in plenty of water, cook six hours or more till tender; mash all through strainer; there should be five cups after straining. Thicken by same method as in lentil soup.

CABBAGE SOUP.

5 lb. cabbage	1 cup hot milk
3 qts. water	1½ Tbsp. butter
2½ Tbsp. flour	

Wash cabbage and cut into shreds. Add three quarts water and boil three hours. Drain off water and boil till reduced to three cups; add milk. Melt butter in saucepan, add flour and mix well. Then add hot cabbage water slowly, stirring well. Boil up, and serve.

SPINACH SOUP.

4 cups spinach water	2 Tbsp. butter
2 " milk	3 " flour

Have four cups of water left after boiling one peck of spinach. Melt butter in saucepan, add flour, mix well, then add hot liquid gradually, stirring well. Boil up, and serve.

CELERY SOUP.

Boil two heads of celery till tender; drain off water, which should be four cups. Follow method and proportion as given in spinach soup, using two cups of milk.

VEGETABLE SOUP.

2 turnips	1 onion
2 carrots	2 potatoes
2 parsnips	water to cover

Cut potatoes in one-quarter inch dice, slice other vegetables. Boil all together three hours or more. Strain; there should be four cups of liquid. Follow method and proportion as given in spinach soup. If desired, use two cups of milk additional to the vegetable water.

POTATO SOUP.

3 medium sized potatoes	little pepper
1 pint milk	$\frac{1}{2}$ Tbsp. butter
1 small onion	$\frac{1}{2}$ " flour

Boil potatoes and onion together. When done, drain, shake dry, mash, add hot milk, and mash through strainer. Melt butter in saucepan, add flour, then hot mixture slowly. Allow all to boil up thoroughly, and serve.

This rule can be varied by adding a little chopped parsley, or a little celery or celery salt. If liked richer, a beaten egg may be added just before serving. Do not boil after egg goes in.

POTATO CHOWDER.

3 large potatoes	little pepper
$\frac{1}{2}$ onion	1 Tbsp. butter
1 pt. milk	1 tsp. flour

Slice potatoes and onions one-quarter inch thick, boil till tender in one cup water. Make white sauce of milk, butter, and flour, and add to potatoes. Be careful not to break the potatoes. Serve with croûtons or crackers. The crackers may be added in tureen before serving.

CORN SOUP.

1 can corn	little pepper
4 cups milk	1 Tbsp. flour
1 Tbsp. butter	1 egg

Cook corn and milk together ten minutes. Melt butter in another saucepan, add flour and pepper, then hot milk and corn gradually as it thickens, boil up well, strain to remove corn. Press all that you can through strainer. Return to fire, add well-beaten egg, and let come to a boil.

ONION SOUP.

3 large onions	2 Tbsp. butter
2 cups hot milk	$\frac{1}{2}$ " flour
$\frac{1}{2}$ " cold milk	yolks of two eggs

Slice onion and fry slowly one-half hour in butter, add flour, and cook three minutes, stirring constantly; add hot milk, cook fifteen minutes, strain, and return to fire; add the egg yolks and cold milk beaten together. Boil up and serve.

MOCK BISQUE SOUP.

(MRS. LINCOLN'S BOSTON COOK BOOK.)

$1\frac{1}{2}$ cups hot tomato	$1\frac{1}{2}$ Tbsp. flour
$2\frac{1}{2}$ " hot milk	1 " butter

Heat tomato and strain; melt butter in saucepan, add flour, then hot milk slowly. When thickened and smooth add tomato, and serve with croûtons, or crackers. Do not boil after adding tomato.

TOMATO SOUP.

(MRS. LINCOLN'S BOSTON COOK BOOK.)

2 cups stewed tomato	6 peppercorns
1 cup hot water	$\frac{1}{2}$ Tbsp. butter
$\frac{1}{2}$ Tbsp. sugar	$\frac{1}{2}$ " flour
2 cloves	$\frac{1}{2}$ " chopped onion

Put tomato, water, sugar, cloves, and peppercorns on to boil. Fry the onion in butter ten minutes; add flour. When well mixed stir into tomato and simmer ten minutes. Strain, and serve with croûtons.

CROÛTONS.

Butter thick slices of bread, cut them in one-half inch cubes and brown in hot oven. Be careful they do not scorch.

EGGS.

BOILED EGGS.

Have water boiling in saucepan and boil eggs four minutes, if yolks are liked soft. Boil twenty minutes for hard boiled eggs. The eggs will be hard boiled in less time, but the longer boiling renders them more digestible.

SCRAMBLED EGGS.

Beat four eggs lightly with a fork, add one-half cup milk, dust of pepper ; have omelet pan hot. Put in one-half Tbsp. butter. When melted (do not allow it to brown) turn in eggs. As they set, scrape from bottom of pan, allowing the liquid egg to come to the heat. When all is set turn out on buttered toast. Done this way the eggs are smooth and creamy.

FRIED EGGS.

Break each egg into a cup, have an omelet pan hot, with a small piece of melted butter in it. Pour eggs in carefully to avoid breaking yolks. Cover pan and cook slowly ; or dip melted butter over as they cook.

BAKED EGGS.

1. Break each egg into a small earthen cup ; put a small piece of butter and a dust of pepper on each. Place the cups in a pan of hot water and bake in moderate oven till whites are set. This will take about fifteen minutes.

2. Beat whites stiff. Have as many slices of toasted bread as there are eggs. Arrange whites in a circle on each slice of toast, drop egg yolk in center, and bake in moderate oven till white is well browned.

DROPPED EGGS.

Break each egg into a cup. Have an omelet pan with boiling water one inch deep. Drop eggs in carefully and keep water boiling gently until whites of eggs are set. Take out with a skimmer and serve on toast.

OMELET.

(MRS. LINCOLN'S BOSTON COOK BOOK.)

Beat yolks of two eggs until thick; add two Tbsp. milk and the whites of two eggs beaten stiff. Fold all lightly together (the mixture should be thick, no moisture to be seen) and turn into hot buttered omelet pan. Spread evenly, cover and cook slowly till brown underneath and puffed up. It is done when a knife inserted in center comes out clean. Fold over and serve at once on hot platter. Cheese omelet is made by adding one-half cup of grated cheese before putting in pan.

EGG VERMICELLI.

(MRS. LINCOLN'S BOSTON COOK BOOK.)

Boil three eggs twenty minutes. When cold separate whites from yolks and mash whites fine with a fork. Make one cup of white sauce with one cup milk, one tsp. butter, one heaping tsp. flour, dust of pepper. Stir the whites into sauce, heat, and pour over four slices of buttered toast. Press yolks through ricer over these, and garnish with parsley.

STUFFED EGGS.

Boil three eggs twenty minutes. Cut in halves, remove yolks; be careful not to break the whites. Mix yolks with salad dressing, fill the whites with this mixture, and place the two halves together to make whole eggs, or leave as half eggs. Serve on lettuce leaves, and if desired, with extra salad dressing.

SAVORIES.

LENTIL CROQUETTES.

1 cup lentils	1 onion
$\frac{1}{2}$ " stewed tomatoes	$\frac{1}{2}$ tsp. mixed herbs
1 egg	$\frac{1}{2}$ lemon
$\frac{1}{2}$ Tbsp. butter	

Soak lentils over night; boil lentils, onion, tomato, and herbs together till lentils are soft, using as little water as possible. Put all through sieve and return to fire. Stir constantly till thick, then add butter, lemon juice, and one-half of egg. This should be stiff enough when cold to shape. Roll in the remainder of egg and then in crumbs. Fry in deep fat till brown. Serve piled around mashed potato.

RICE CROQUETTES.

One-fourth cup of rice cooked in milk till soft. It must absorb all the milk. Cool, add one-half egg, little cayenne pepper and lemon juice, one-fourth cup of English walnuts ground fine. Shape, roll in crumbs and eggs, and fry in kettle of oil.

RICE AND TOMATO ESCALLOPED.

$1\frac{1}{2}$ cup boiled rice	1 Tbsp. sugar
1 " hot tomato	little pepper
$\frac{1}{2}$ " crumbs	2 Tbsp. butter

Strain the hot tomato and mix with sugar, pepper, and one Tbsp. butter; mash rice fine and mix thoroughly with tomato. Moisten crumbs with the remainder of butter, and spread over the top. Bake one-half hour.

BAKED MACARONI.

One cup of macaroni broken in inch pieces, boil till tender in plenty of water ; drain in sieve and pour cold water through to prevent adhering together. Make a white sauce of two cups of milk, one Tbsp. butter, one Tbsp. flour ; mix with macaroni. Put all together in baking dish and bake one-half hour, or until browned.

BAKED MACARONI WITH TOMATO.

Boil macaroni as in preceding. Make sauce of one and one-fourth cups milk, one Tbsp. butter, one Tbsp. flour ; boil up ; then take from the fire and add three-fourths cup strained cooked tomatoes and one tsp. sugar, little pepper if desired. Mix with macaroni and bake one-half hour.

CHESTNUTS À LA MAITRE D' HÔTEL.

36 imported chestnuts	1 egg yolk
1½ cup hot milk	1 Tbsp. butter
2 cups boiled rice	1 tsp. flour

Boil chestnuts one-half hour (be sure there are no wormy or imperfect ones), take off shells and skins and cut the meat up fine. Melt butter in frying-pan and stir in chopped chestnuts, cooking all together for five minutes. Then add flour and mix well ; pour the milk in slowly, stirring as it thickens ; when well cooked add the beaten yolk. Do not cook after egg is added. Serve in border made of the rice.

MOCK OYSTERS.

2 cups grated corn	2 Tbsp. flour
2 eggs	little pepper

Mix flour and pepper with corn, add eggs well beaten. Fry in small cakes on well buttered griddle. Brown well on each side.

BREAD OMELET.

1 cup bread crumbs	2 Tbsp. chopped parsley
$\frac{1}{2}$ onion, chopped	1 egg beaten
little pepper	

Mix all ingredients together ; if too dry add a little milk. Have omelet pan hot, with one Tbsp. melted butter in it. Pour in and cook fifteen minutes, covered on stove. Fold and serve on hot platter. Or bake one-half hour, till puffed up and brown.

BAKED BEANS.

Pick over two cups of beans and soak over night in plenty of water ; in the morning put in bean pot, cover with the same water in which they were soaked ; if there is too much, keep it to add to beans as they become dry.

Bake all day, keeping water level with top of beans. After they have baked three hours lay two Tbsp. of butter on top. It will melt and mix all through.

SAUCES.

CRANBERRY JELLY.

1 qt. cranberries 2 cups boiling water
2 cups sugar

Stew cranberries till soft, then mash through strainer. Add sugar and return to fire, boil three minutes. Serve cold with dinner.

BAKED APPLES.

Wash and wipe sound apples, sweet or sour, cut out blossom end and put them in granite or porcelain baking dish (never use tin). Put about a teaspoonful of sugar on each apple, and bake in moderate oven three hours or more for sour apples, twice that time for sweet apples, adding water if necessary. If apples get too brown turn them over. There should be a half inch of moisture in dish when apples are done.

Or core sour apples, fill the cores with sugar mixed with nutmeg, following above directions for baking.

APPLE SAUCE.

6 apples $\frac{1}{2}$ cup sugar 2 cups water

Have water and sugar boiling ; add pared and quartered apples ; let them come to a boil, then simmer till apples are tender ; do not stir. Some apples will retain their shape, others will cook to pieces. If there are hard places in apples put the sauce through a strainer.

A quince pared and cut in small pieces, or a stick of cinnamon cooked in apple sauce, makes a variety.

VEGETABLES.

PLAIN BOILED POTATOES.

Scrub the skin clean, pare thin, cutting out all the eyes and imperfections ; cut in halves or quarters. Have water boiling hot when potatoes are put in, and cook until a fork pierces them easily. Drain thoroughly, and shake over fire or in draft of air till they are mealy. Cover with napkin and keep hot till ready to serve. Never cover potatoes with tight cover, as steam will collect and make them soggy.

MASHED POTATO.

Cook as directed for plain boiled potatoes. Then mash until there are no lumps to be seen and potato leaves masher clean. Add a little milk or cream and a piece of butter the size of a walnut for three potatoes. Beat thoroughly with silver fork, reheat and pile lightly in serving dish.

RICED POTATO.

Press plain boiled potato through ricer, keep dish in hot place till ready to serve.

CREAMED POTATO.

1. This dish may be made of cooked or raw potatoes. Cut potatoes in dice, cover with hot milk, add a small piece of butter and a teaspoon of chopped onion. Cook on top of stove one-half hour to an hour. Stir occasionally with knife to prevent sticking to bottom of dish, and be careful not to break potato. A fire-proof bowl is best for this. Especially nice made of cold baked potatoes.

2. One cup raw potatoes cut in one-half inch dice, cook seven minutes in boiling water, drain, set saucepan on back of stove, pour over one-fourth cup of melted butter; cover, and let stand fifteen minutes. Make a white sauce of one-half cup milk, one-half Tbsp. butter, one Tbsp. flour; add beaten yolk of one egg, a little onion juice, a dash of cayenne pepper; pour over potatoes and serve.

ESCALLOPED POTATO.

Cut three raw potatoes in one-quarter inch dice pieces and put in three-pint baking dish; make one cup white sauce, pour over potato, and mix potato with sauce. Moisten one-half cup dry bread or cracker crumbs with one Tbsp. melted butter. Spread this over the potatoes and bake one hour in moderate oven.

POTATO LYONAISE.

Cut one pint of cold boiled potato into dice, fry one scant Tbsp. of chopped onion in heaping Tbsp. butter till yellow, add potatoes, and stir with a fork till they have absorbed all the butter, being careful not to break the dice. Add one Tbsp. chopped parsley, and one Tbsp. lemon juice. Serve hot.

FRIED POTATO.

Use butter or vegetable oil for frying. Cut cold boiled potatoes in slices, fry till brown on one side, then turn and brown other side.

Or cut cold boiled potatoes in small pieces, put in frying-pan, over moderate fire, with fat, and stir occasionally till hot and browned.

POTATO SOUFFLÉ.

One cup mashed potato, add Tbsp. butter, Tbsp. cream, one egg yolk beaten light; beat all together till light and smooth. Beat white of egg stiff and fold in. Bake in buttered pudding dish ten minutes, or till puffed and brown.

POTATO CHIPS.

Pare potatoes and slice thin as possible, using knife or vegetable cutter. Soak in cold water one-half hour. Dry pieces with a towel and drop singly into hot fat. Fry till brown, take out with skimmer, drain on paper, and serve at once while crisp.

SPINACH.

Pick over and reject any yellow or tough leaves, cut off roots and large stems, wash thoroughly in a number of waters till all grit is removed. Cook twenty minutes to two hours, till tender, using very little water in cooking, as spinach is very succulent. When the spinach is done, drain thoroughly, chop fine, season with butter, and reheat before serving. Save the water in which it was cooked for soup. There should be a quart of water from a peck of spinach.

If you use a steam cooker put spinach on lower strainer and use water from cold water faucet in boiler underneath. The juice of the spinach will drip into this water, which can be used for soup.

CABBAGE.

Wash cabbage, cut in quarters, boil or steam two hours or more, till tender. Season with butter.

Creamed — Cut boiled cabbage in small pieces, allow one cup of white sauce to one cup of cabbage.

Scalloped — Two cups of creamed cabbage in baking dish, cover with one-half cup of cracker crumbs moistened with one Tbsp. butter, bake one-half hour.

CAULIFLOWER.

Cut head away from leaves, and boil or steam whole, or pulled apart in sections. Allow one hour or more for cooking. Season with butter. It may be creamed or scalloped the same as cabbage.

SQUASH.

Squash may be boiled or steamed with the rind left on. Allow one hour for either way. If too moist when done and scraped from rind, put in a pan in oven, or on stove, and dry out moisture.

BAKED SQUASH.

Cut Hubbard squash in pieces, place rind down in tin pan, cover tight, bake one hour or more in oven suitable for baking bread. Scrape from rind and season to taste.

ONIONS, PLAIN BOILED.

Hold onions under water while paring and eyes will not be affected. Cut the onions in halves across the grain, put on in cold water and boil in same water till tender, allowing it to boil quite away. If desired, a small amount of milk may be added and boiled away. Season with butter.

CREAMED ONIONS.

Cut up one cup onions after peeling, boil one-half hour in little water. Make a sauce from water left from boiling onions with milk enough to make a cup. Mix with onions.

ESCALLOPED ONIONS.

Put two cups of creamed onions in baking dish, moisten one-half cup of bread or cracker crumbs in one Tbsp. of butter, spread over onions and bake one-half hour or till browned.

FRIED ONIONS.

Slice raw onions round, so they form little rings; fry in hot butter in pan till well browned; drain on brown paper and serve while crisp.

SALSIFY, or OYSTER PLANT.

Scrape, wash, and cut in small pieces, and boil until tender, which takes about one-half hour. Serve in cream sauce, allowing one cup of sauce to one of salsify.

BOILED PARSNIPS.

Scrape off brown skin, wash well, make two cuts part way through across each other, and boil until thoroughly soft — two hours or more — letting the water boil quite away. Season with butter.

CREAMED PARSNIPS.

Cut raw parsnips in slices about one-fourth inch or less in thickness. Cook till tender and serve in white sauce. If there is any water left from the parsnips use it as a part of the liquid for the sauce. For one cup of cooked parsnip allow one cup of white sauce.

ESCALLOPED PARSNIPS.

Put two cups of creamed parsnips in baking dish, moisten one-half cup cracker crumbs in one-fourth cup melted butter. Spread this over the parsnips and bake one-half hour, or till browned.

FRIED PARSNIPS.

a. Cut cold boiled parsnips in slices, roll in beaten egg, then in cracker crumbs, fry in butter in frying-pan till a golden brown; turn and brown other side.

b. Put one Tbsp. butter and one Tbsp. molasses in frying-pan; when hot lay slices of cold boiled parsnips in pan and fry till brown on either side.

CARROTS.

Plain boiled, creamed, and escalloped. Follow directions for parsnips.

FRIED GREEN TOMATOES.

Cut off outer slices, cut remainder in slices one-half inch thick, roll in flour and fry in butter. Shake a dust of pepper over them. Tastes like egg plant.

STEWED TOMATOES.

Scald and peel tomatoes enough to fill a quart measure when cut up, boil one-half hour, or till cooked all to pieces. Season with one Tbsp. butter, one Tbsp. sugar, and a little pepper.

ESCALLOPED TOMATOES.

Put one pint of stewed tomatoes, seasoned, in a baking-dish. Moisten one-half cup cracker crumbs in one Tbsp. melted butter, spread over tomatoes, and bake one-half hour, or till well browned.

BAKED STUFFED TOMATOES.

Cut out stem and hard piece attached, fill hollow with crumbs moistened with butter. Bake one-half hour in oven not hot enough to scorch tomatoes.

BROILED TOMATOES.

Choose smooth, medium sized tomatoes, wash and wipe dry, cut in halves across. Butter broiler and cook over moderate fire, placing cut side down at first; turn, and cook other side. Serve on platter with a piece of butter on each piece.

GREEN PEAS.

Shell peas and put them in double boiler with a piece of butter, no water, and cook one hour or till tender. They are delicious cooked this way in their own juice.

They may be boiled in a pan with very little water, — twenty minutes should be sufficient time to make them tender; long cooking only renders them tough.

Peas should be fresh picked; they lose their sweet taste if allowed to wilt.

SWEET CORN.

Boil in a small amount of water five to twenty minutes, or till milk is set. Try with a fork. The ears will cook quicker if turned after boiling five minutes.

LIMA OR SIEVA BEANS.

Fresh beans will cook in one hour ; the dried beans should be soaked over night and cooked till tender, one to three hours.

PLAIN BARLEY.

Put one-half cup of pearl barley in a small saucepan with a tight-fitting cover, use enough cold water to cover barley, let it come to a boil, then reduce heat so it simmers, keep adding water as the barley swells. Cook two hours or more ; when done the water should all be absorbed. Use as a vegetable, or for a breakfast or supper dish. Very nourishing and delicate.

SALADS.

SALAD DRESSING.

1 egg	$\frac{1}{2}$ tsp. mustard	1 Tbsp. sugar
1 cup cream	$\frac{1}{4}$ cup lemon juice	$1\frac{1}{2}$ " flour
speck of cayenne pepper		

Beat white of egg stiff, add yolk and beat, mix flour, sugar, mustard and pepper, and put through fine sieve and add egg to it; pour hot cream over this, and cook in double boiler till thick; add lemon juice slowly just before removing from the fire. If the salad is acid use more sugar in dressing.

TOMATO SALAD.

Scald and peel three large, ripe tomatoes, slice thin, and chill. Slice one cucumber. Serve on lettuce leaves with dressing.

EGG SALAD.

3 eggs	1 head lettuce	salad dressing
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Boil eggs twenty minutes, and cool. Cut up in small pieces. Arrange lettuce leaves on platter and put a spoonful of egg in each leaf. Pour salad dressing over the eggs.

APPLE AND CELERY SALAD.

Cut up equal parts of apple and celery in small pieces just before serving, as apple turns dark on exposure to the air. Serve on lettuce leaves with salad dressing.

POTATO SALAD.

One and one-half cups boiled potato cut in one-quarter inch dice, two Tbsp. raw minced onion, two Tbsp. salad oil or melted butter, dust of pepper, lemon juice to taste.

Mix a little cold boiled carrot or beet, cut in one-fourth inch dice to make a variety.

PUDDING SAUCES.

HARD SAUCE.

$\frac{1}{4}$ cup butter	2 Tbsp. cream
$\frac{1}{2}$ " sugar	$\frac{1}{2}$ tsp. vanilla
little nutmeg	

Cream butter, add sugar, beat till light, then add cream and vanilla. Mix well, heap up on serving dish, making top look rough, and grate nutmeg over it.

PLAIN HOT SAUCE.

1 cup brown sugar	1 Tbsp. butter
1 Tbsp. flour	$1\frac{1}{4}$ cup boiling water
$\frac{1}{2}$ tsp. vanilla	

Rub butter, sugar, and flour together, pour boiling water over, and cook three minutes. Flavor. May be made with white sugar.

SIMPLE SAUCE.

1 cup sugar	$\frac{1}{3}$ cup water
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Boil together fifteen minutes, not too hard, or it will crystalize.

MAPLE SYRUP SAUCE.

1 cup maple syrup	1 tsp. flour
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ nutmeg

Rub butter, flour, and nutmeg together, pour hot syrup over, return to fire and boil three minutes.

MOLASSES SAUCE.

1 cup molasses	1 tsp. flour
1 Tbsp. butter	nutmeg, cinnamon or ginger

Rub butter, flour, and one of the spices together, pour hot molasses over, return to fire and boil three minutes.

LEMON SAUCE.

$\frac{1}{2}$ cup butter	1 lemon
1 " sugar	1 Tbsp. corn starch
1 egg	1 cup boiling water

Cream butter, sugar, and corn starch together, add grated rind and juice of lemon, and beaten egg, pour boiling water over slowly, cook five minutes in double boiler.

HOT PUDDINGS.

HASTY PUDDING.

5 cups boiling water	1 Tbsp. flour
1 cup cold water	1 cup cornmeal

Mix meal and flour, wet with cold water; stir this into the boiling water slowly, and cook for one hour, just where it simmers. Eat hot with milk or syrup; or pour into moulds, cool, slice, roll in flour and fry in frying-pan, with little fat, till well browned on one side; turn and brown the other side.

BAKED INDIAN PUDDING.

1 qt. milk	2 Tbsp. Indian meal
1 egg	2 " molasses
butter size of walnut	1 " sugar

Mix egg, meal, molasses, sugar and butter. Heat milk and pour over other ingredients slowly to prevent lumping. Cook in double boiler till it thickens, then put in baking dish and bake one to two hours in a mild oven.

INDIAN TAPIOCA PUDDING.

$\frac{1}{2}$ cup Indian meal	$\frac{3}{4}$ cup molasses
$\frac{1}{2}$ " minute tapioca	4 cups milk

Mix molasses, meal, and tapioca; heat milk, pour over the mixture. Put all in double boiler and stir till it thickens. Pour into buttered pudding dish, and bake one and one-half hours in a mild oven.

TAPIOCA PUDDING.

1 pt. milk	2 Tbsp. minute tapioca
1 egg beaten	2 " sugar

Mix, bake thirty minutes, stir once or twice till it thickens, or it can be thickened in double boiler before baking.

APPLE TAPIOCA PUDDING.

One-half cup minute tapioca cooked in double boiler in water till transparent. Stew four good sized apples; add these, with one-fourth cup of sugar, to tapioca, pour into pudding dish and bake one hour; or it may be entirely cooked in double boiler. Serve hot with cream and sugar.

PEACH TAPIOCA.

One-half cup minute tapioca cooked in double boiler ten minutes in two cups of water. Add three cups of canned peaches, with juice, cutting peaches in quarters and leaving out stones. Cook one-half hour. Serve hot with cream.

PINEAPPLE TAPIOCA.

One-half cup of minute tapioca cooked in double boiler ten minutes in two cups of water; add two cups chopped canned pineapple, with juice. Cook one-half hour. Serve with cream. If fresh pineapple is used stew it with sugar and water.

BOILED RICE.

Use one cup of rice to three cups of water. Cook over mild heat so the water simmers, and keep kettle covered. The rice will be dry and tender. If preferred, put rice and water in pail with tight-fitting lid, and steam in kettle of rapidly boiling water, or in steam cooker. Allow one-hour for cooking. Raisins may be added to make a variety. To be eaten with butter and sugar, milk, or any pudding sauce.

COLD RICE PUDDING.

1½ cups cold boiled rice	½ cup sugar
1 pt. milk	1 egg
little nutmeg	

Mash rice fine, beat egg, add sugar and milk, mix with rice, and grate nutmeg over. Bake in moderate oven one hour.

POOR MAN'S PUDDING.

1 qt. milk 2 Tbsp. rice $\frac{1}{2}$ cup sugar

Mix in pudding dish and bake in moderate oven three or four hours, stirring a number of times or it will crust over and get too brown. The pudding should be creamy when done.

BREAD PUDDING.

Break one-half loaf of egg digestive bread in small pieces ; soak over night in water to soften crust. Make a layer of bread over bottom of pudding dish, then a thick layer of seeded raisins, then another of bread. Beat one egg light, add one-half cup of sugar, one pint of milk, one nutmeg, grated. Pour this gently over bread. Put bits of butter over the top, and bake one hour in moderate oven. To be eaten with hard sauce.

SCOTTISH PUDDING.

Make a syrup of two cups of water and one of sugar. Pare and quarter six apples and cook them in the syrup till tender, adding grated rind of one lemon to cooked apples. Melt two Tbsp. butter, mix with two cups rolled oats. Butter a pudding dish, put in a layer of oatmeal, then one of apple, another of oatmeal, another of apple, and a top layer of oatmeal. Bake or steam one-half to one hour.

CORN STARCH PUDDING.

$3\frac{1}{2}$ cups hot milk
 4 Tbsp. corn starch
 1 tsp. vanilla

1 egg
 $\frac{1}{2}$ cup cold milk

Mix corn starch with cold milk, beat egg and add to it. Stir this slowly into hot milk in double boiler, stirring constantly to prevent lumping. Cook fifteen minutes, flavor, and serve hot ; or it may be poured into moulds and served cold with sugar and cream.

BANANA FRITTERS.

2 eggs	lemon juice	4 bananas
$\frac{1}{2}$ cup water	1 Tbsp. olive oil	flour

Beat yolks of eggs light, add water, oil, lemon juice, bananas sifted, flour to make drop batter, and whites of eggs beaten stiff; fry in deep fat and serve with sugar sprinkled over or with sauce.

Other fruit fritters may be made by same method; for orange fritters use orange juice instead of water.

COLD DESSERTS.

IRISH MOSS BLANC MANGE.

$\frac{1}{4}$ cup Irish Moss	1 qt. milk
1 " water	1 tsp. vanilla

Pick over, wash moss, and soak till softened. Cook moss in water till very soft and gelatinous, strain and add boiling milk slowly, stirring constantly. Return to double boiler and cook till a little hardens when dropped on cool plate. Flavor and pour into moulds. To be served cold with cream and sugar.

LEMON BLANC MANGE.

2 eggs	2 cups water
1 cup sugar	juice and rind of 1 lemon
heaping Tbsp. corn starch	

Mix corn starch with water, add sugar and lemon, and cook twenty minutes in double boiler, add well beaten yolks of eggs; cook one minute and set away to cool. Serve very cold in little cups with whites of eggs, beaten stiff, on top.

CHOCOLATE PUDDING.

$1\frac{1}{2}$ qts. boiling water	4 Tbsp. corn starch
2 oz. chocolate	3 " sugar
1 cup milk	

Scrape chocolate, add it, with sugar, to boiling water and cook till dissolved. Wet the corn starch with the milk, pour into hot chocolate and cook five minutes, stirring constantly. To be eaten cold with sugar and milk. It is not stiff enough to mould.

COFFEE JELLY.

4 cups boiling water	4 Tbsp. sugar
3 Tbsp. (heaping) coffee	4 " minute tapioca

Steep coffee in water on stove ten minutes, do not boil. Strain through cloth into double boiler, add tapioca and sugar. Cook fifteen minutes to one-half hour, stirring often. Beat thoroughly before pouring into dish. Serve with whipped cream, sweetened and flavored.

STEWED FIGS.

$\frac{1}{2}$ lb. figs	1 lemon
$1\frac{1}{2}$ cups water	$\frac{1}{4}$ cup sugar

1. The figs, which should be square ones, must be well washed, put them with the sugar and thin yellow peel of lemon in a covered saucepan with the water and simmer two hours. Take from the stove and add lemon juice.

2. Pour boiling water over square figs, or the kind which comes in sacks (not layer figs) ; let stand on warm stove, but do not boil, till the skins are tender. Pour off water and serve with a little powdered sugar sprinkled over.

BOILED CUSTARD.

3 eggs	$\frac{1}{4}$ cup sugar
2 cups hot milk	1 tsp. vanilla

Beat egg yolks, add sugar, then pour hot milk over all, mixing well. Cook in double boiler, stirring constantly till custard coats spoon. Be careful not to cook too much. Set dish containing custard in pan of cold water, and stir until it is moderately cool. Before serving beat whites stiff and mix with custard ; or serve custard in glasses with white on top, or in a glass dish with white dropped in spoonful over it.

FLUMMERY.

Slice stale sponge cake, arrange in dish and pour warm boiled custard over, making sure that all cake becomes soaked. Serve cold.

BAKED CUSTARD.

2 eggs	$\frac{1}{4}$ cup sugar
2 cups milk	little nutmeg

Beat eggs, add sugar and milk, bake in cups or pudding dish set in pan of water in moderate oven. Grate nutmeg over before baking. It is done when knife comes out clean.

CARAMEL CUSTARD.

2 cups milk	$\frac{1}{4}$ cup sugar
2 eggs	$\frac{1}{2}$ tsp. vanilla

Melt sugar in spider, stir till brown, add one cup milk and stir constantly over fire till dissolved. Pour this over beaten eggs, add remainder of milk and flavoring. Bake in dish set in water in slow oven.

Or use three eggs and cook like boiled custard, after caramel is added.

TAPIOCA CREAM.

2 Tbsp. minute tapioca	$\frac{1}{3}$ cup sugar
2 cups milk	$\frac{1}{2}$ tsp. vanilla
1 egg	

Cook tapioca and milk together in double boiler twenty minutes; beat egg yolk, add sugar to it, and pour hot milk over, return to double boiler and cook till it thickens, stirring constantly; cool in a dish of water, and then add beaten white of egg and flavoring.

PIES.

PASTRY.

1 cup flour

$\frac{1}{2}$ cup butter

Rub butter into flour, mix stiff with cold water, cut in two pieces, roll one-half for under crust; roll the other piece, spread with butter, dredge flour over, roll up, stand roll on end and press it down. Roll out for upper crust.

APPLE PIE.

Pare and slice tart juicy apples, and fill plate. Sprinkle over one-half cup sugar in which a little cinnamon has been mixed, or a little caraway seed may be used instead. Bind pie with wet strip of cloth to prevent running out. Make of stewed and sweetened apples if preferred.

APPLE DOWDY.

Fill a pudding dish with sliced apple, sprinkle over one-half cup sugar, add water if apples are dry. Bake with upper crust only.

CUSTARD PIE.

3 eggs

$\frac{1}{4}$ cup sugar

2 cups milk

little nutmeg

Beat eggs, add sugar and milk; bake in moderate oven.

SQUASH PIE.

$1\frac{1}{2}$ cup steamed and sifted squash (a dry one)

1 cup boiling milk

$\frac{1}{2}$ cup sugar

1 egg

little ginger

Mix squash, egg, sugar and ginger together, then add hot milk.

CRANBERRY PIE.

1. Stew two cups cranberries in one cup water till tender, mash through sieve. Add one cup sugar and cook three minutes. Fill pie and lay strips across for upper crust.

- | | |
|------------------------------|----------------------------|
| 2. 1 cup chopped cranberries | $\frac{1}{2}$ tsp. vanilla |
| $\frac{3}{4}$ cup sugar | 1 Tbsp. cornstarch |
| $\frac{1}{2}$ Tbsp. molasses | 1 cup boiling water |

Dissolve cornstarch in little cold water, then pour on boiling water, mix all together and bake with upper crust.

LEMON PIE.

- | | |
|-------------------------|----------------------------|
| $\frac{2}{3}$ cup sugar | 1 lemon |
| 1 hp. Tbsp. flour | $\frac{1}{2}$ Tbsp. butter |
| 2 eggs | 1 cup boiling water |

Mix sugar with flour, add to beaten yolks of eggs, then add grated rind and juice of lemon and butter. Pour on boiling water and cook till it thickens, fill pie, bake. Then frost with the whites of the two eggs beaten stiff, and two Tbsp. powdered sugar. Return to oven to brown.

MINCE PIE.

- | | |
|-------------------------|---------------------------------|
| 4 qts. quartered apples | 4 cups brown sugar |
| 1 lb. raisins | 1 cup molasses |
| 1 lb. currants | $1\frac{1}{4}$ Tbsp. cinnamon |
| 6 cups water | 1 tsp. mace |
| 3 lemons | $\frac{1}{4}$ tsp. ground clove |
| 2 nutmegs | |

Cut out cores and blossom end of apples and chop (with skins on) quite fine. Wash raisins and seed them, wash currants and cook together one-half hour in saucepan with four cups of water. Grate rind from lemons, and add it with lemon juice to the fruit, then mix all ingredients together and cook four or five hours, stirring often. If too dry add water. This may be put up in glass jars while hot and sealed; will keep a long time. Put a little butter over after filling pie.

SHERBETS.

MILK SHERBET.

1 qt. milk 3 lemons 2 cups sugar

Put sugar in mixing bowl, squeeze lemon juice over, add milk slowly, stirring well; strain and freeze at once.

LEMON SHERBET.

6 lemons 4 cups water
2 cups sugar white of 1 egg

Mix lemon juice, water and sugar, put mixture in freezer and turn till it is set, then add white of egg beaten stiff, and turn the handle rapidly till sherbet is white and light. Be careful not to beat too long or sherbet will be all froth.

RASPBERRY OR STRAWBERRY SHERBET.

1 qt. berries 2 cups sugar
2 lemons 2 " water
white of 1 egg

Mash berries and mix with sugar, water and lemon juice, then put through strainer. Freeze according to directions for lemon sherbet.

PINEAPPLE SHERBET.

2 cups fresh fruit 1 lemon
2 " water 2 cups sugar
white of 1 egg

Cut pineapple up fine and cook thirty minutes with one cup sugar and one cup water, put through sieve, add lemon juice and remainder of water and sugar. Strain, cool, and freeze according to directions for lemon sherbet.

ORANGE SHERBET.

6 oranges	1 cup sugar
1 lemon	2 cups water
white of 1 egg	

Mix juice of orange and lemon with sugar and water, strain and freeze according to directions for lemon sherbet.

GRAPE JUICE SHERBET.

1½ cups sugar	1 cup grape juice
4 lemons	3 cups water
white of 1 egg	

Mix and freeze according to directions for lemon sherbet.

BREADS.

BROWN BISCUIT.

$1\frac{3}{4}$ cups entire wheat flour	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup bran	1 " water

Have liquid very cold, mix with flour and bran, beat well. Have gem pan hot enough from heat of oven to smoke when buttered. Pour in cold mixture and bake thirty minutes. Turn out on half towel and throw other half over; let stand ten minutes for steam to soften crust.

This is the original rule for unleavened bread made over forty years ago, when the batter was mixed stiff and dropped by spoonfuls on the floor of the oven, the cast-iron pan not being in existence at that time.

GRAHAM GEMS.

$1\frac{1}{2}$ cups milk	2 cups entire wheat flour
1 egg	1 tsp. sugar

Beat white of egg stiff, add yolk, and beat, add milk and sugar, stir this into the flour. Beat well and bake in moderate oven about one-half hour.

POP OVERS.

1 cup entire wheat flour
1 cup milk 1 egg

Beat yolk of egg, add milk, and stir this into the flour slowly to prevent lumping. Beat well, add white of egg beaten stiff. Beat this well with cake whip. Bake one-half hour in moderate oven.

CORNMEAL GEMS.

$\frac{1}{2}$ cup corn meal	1 Tbsp. sugar
1 " milk	2 eggs

Boil milk, mix meal and sugar, pour hot milk over slowly, then put back on stove and cook till it thickens. Cool slightly, add egg yolks well beaten, then whites beaten stiff. Bake in gem pans in moderate oven one-half hour. Makes twelve gems.

RYE GEMS.

(MRS. LINCOLN'S BOSTON COOK BOOK.)

$\frac{3}{4}$ cup rye meal	2 eggs
$\frac{1}{4}$ " flour	1 Tbsp. sugar
1 cup milk	

Mix meal, flour and sugar, beat yolks of eggs, add milk to them, and beat into dry mixture, add whites beaten stiff. Bake in gem pans in moderate oven one-half hour. Makes twelve gems.

OATMEAL GEMS.

1 cup boiling water	2 eggs
$\frac{1}{2}$ " oatmeal	1 cup milk
2 cups bread flour	

Cook oatmeal in boiling water ten minutes, cool slightly, beat eggs separately, add yolks to oatmeal, then milk and flour, lastly whites of eggs. Bake one-half hour in gem pans. Makes fifteen gems.

These gems can be made of wheat germ, or any similar breakfast food, using one-fifth cup in place of one-half cup of oatmeal.

BATTER CAKES.

$2\frac{1}{4}$ cups water	2 eggs
$\frac{1}{2}$ cup wheat germ	2 Tbsp. milk
2 Tbsp. flour	

Cook the wheat germ in water ten minutes, cool, add milk, well beaten eggs, and flour. Fry on hot griddle.

EGG DIGESTIVE BREAD.

1 egg	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup water	$\frac{1}{2}$ " bran
1 $\frac{3}{4}$ cups entire wheat flour	

Beat white of egg stiff, add yolk, and beat again, add milk and water, mix well, add bran and one and one-half cups flour and beat thoroughly with cake whip to incorporate air into the mixture. Then put in the rest of the flour and bake in small pan two hours in oven suitable for bread. The pan should be made of sheet iron and be three inches deep, four inches wide, and five or six inches long.

SCOTCH SHORT BREAD.

1 $\frac{1}{2}$ cups flour	$\frac{1}{4}$ cup powdered sugar
1 hp. Tbsp. rice flour	$\frac{1}{4}$ lb. butter

Cream butter and sugar together, beat well, mix with flour. This mixture will be very crumbly and must be patted into one large cake, or small ones as you like. Use a granite pie plate and press the cake firmly round the edges. Bake one-half hour or till well browned. There is no liquid used in this cake.

PLAIN CRISPS.

(MRS. LINCOLN'S BOSTON COOK BOOK.)

2 cups strawberry cream	$\frac{1}{2}$ cup bran
$\frac{1}{2}$ cup sugar	1 $\frac{1}{2}$ cups entire wheat flour

This mixture will be so stiff that it will be hard to mix. Turn out on board and knead ten minutes. Roll one-eighth inch thick, prick to prevent blistering. Cut in long narrow strips, bake on ungreased tin in hot oven. Reserve a little of the flour for rolling crisps.

FRUITED CRISPS.

Roll dough thin, spread with raisins, cut fine, or currants. Lay another thin layer of dough over, press firmly together with rolling-pin: cut in strips and bake.

PLAIN CRACKERS.

3 cups entire wheat flour

1 cup water or milk, or part water and milk

Reserve one-fourth cup of flour to knead dough on board, knead ten minutes, roll one-fourth inch in thickness, prick with fork to prevent blistering. Bake till well browned. These crackers resemble old fashioned Boston Water Crackers.

WHEAT GERM CRACKERS.

2 cups wheat germ meal

 $\frac{1}{2}$ cup milk

1 cup entire wheat flour

 $\frac{1}{4}$ " butter

Mix meal and flour, rub butter into it, add milk, then knead dough ten minutes. Roll one-eighth inch thick, prick to prevent blistering, cut any desired shape, bake in quick oven. Any grainy cereal may be used instead of the wheat-germ meal.

CAKE.

MADEIRA CAKE.

2 eggs	$\frac{3}{4}$ cup whole wheat flour
$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ " butter
little nutmeg	

Cream butter, add sugar slowly and beat well. In another bowl beat whites of eggs stiff, add yolks, one at a time to beaten whites and beat well. Add eggs to sugar and butter, then flour and nutmeg. A thorough beating is necessary. Bake in moderate oven an hour.

FRUIT CAKE.

3 eggs	$\frac{1}{5}$ tsp. cinnamon
$\frac{3}{4}$ cup butter	$\frac{1}{5}$ " mace
$1\frac{2}{3}$ " sugar	$\frac{1}{4}$ of a nutmeg
$\frac{1}{2}$ " molasses (scant)	pinch of cloves
$\frac{1}{2}$ " coffee	$\frac{1}{4}$ lb. citron
2 cups flour	$\frac{1}{2}$ " raisins
$\frac{3}{4}$ lb. currants	

Cream butter and sugar, add eggs well beaten, molasses, coffee, then flour with spices mixed in it. Lastly fruit which was prepared the day before by shredding citron, stoning raisins, and washing both raisins and currants thoroughly, and drying them. Rub flour through currants and raisins and shake them in sieve to remove extra flour. Line tin with three layers of paper on sides, and five on bottom, greasing upper layer. Bake in one large bread pan three hours. Will keep for months.

SPONGE CAKE.

3 eggs	juice and rind of $\frac{1}{2}$ lemon
$\frac{2}{3}$ cup powdered sugar	$\frac{1}{2}$ cup flour

Beat whites of eggs very stiff, add yolks one at a time and beat well. Add sugar sifted, then lemon. The mixture must be beaten vigorously before flour is added. The flour is to be folded in with as little stirring as possible. Bake in moderate oven an hour.

PEANUT DROP CAKES.

1 Tbsp. butter	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ cup powdered sugar	2 Tbsp. milk
1 egg	1 pt. raw peanuts in shell

Shell, blanch and chop peanuts. Cream butter and sugar, beat white of egg stiff, add yolk and beat well, then add beaten egg to butter and sugar; add milk, chopped peanuts and flour. Drop from teaspoon in little cakes, bake until brown. Almonds may be used instead of peanuts.

ROCK CAKE.

1 cup brown sugar	2 eggs
$\frac{2}{3}$ " butter	$\frac{1}{4}$ cup coffee
$1\frac{3}{4}$ " flour	2 Tbsp. lemon juice

Cream butter and sugar, add well beaten eggs, then coffee, lemon juice and flour. Drop on buttered tins, making the cakes look rough, and bake in hot oven so they will retain shape and brown the points.

SUGAR COOKIES.

2 cups sugar
1 cup butter

2 eggs
2 Tbsp. ginger

Flour to make very stiff. Roll about one-eighth inch thick.

GERMAN SPICE CAKE.

1 lb. powdered sugar	$\frac{1}{4}$ lb. almonds
1 lb. flour	$\frac{1}{4}$ lb. citron
4 eggs	2 oz. ground cinnamon
pinch of cloves	

Beat eggs, add sugar, then flour, with spices mixed, lastly nuts (blanched and shredded) and citron (sliced fine). Roll one-fourth inch thick, cut in rounds, bake in moderate oven.

JUMBLES.

$\frac{1}{2}$ cup butter	2 eggs
$\frac{1}{2}$ " sugar	$1\frac{1}{2}$ cups flour
little nutmeg	

Drop from teaspoon, bake in hot oven. Makes two dozen cakes.

SCOTCH FANCIES.

1 egg	1 tsp. melted butter
$\frac{1}{4}$ cup powdered sugar	$1\frac{1}{4}$ cups rolled oats
few drops vanilla	

Beat egg very light, add sugar, butter, vanilla, and rolled oats, drop on buttered tin in twelve little cakes. Bake till well browned.

ENGLISH WAFERS.

3 cups entire wheat flour	1 cup sugar
1 cup butter	1 " molasses
1 Tbsp. ginger	

Rub butter into flour, add sugar, molasses, and ginger. Mix with a knife and make into a firm, smooth mass. Keep twenty-four hours in a cool place, roll thin and bake.

CRULLERS.

(MRS. LINCOLN'S BOSTON COOK BOOK.)

1 Tbsp. melted butter	1 egg
1 " milk	little mace
2 " powdered sugar (hp.)	flour

Beat white of egg stiff, add yolk and beat, then sugar and milk. Flour enough to roll out; add mace with flour. Fry in deep fat.

LAYER CAKE.

Bake the sponge cake in two round pans and use any of the following mixtures between the two cakes. Sprinkle powdered sugar over the top cake.

LEMON JELLY FILLING.

1 large tart apple	$\frac{3}{4}$ cup sugar
rind and juice of 1 lemon	$\frac{1}{2}$ Tbsp. butter

Grate apple and lemon rind, mix all together, and cook in double boiler till thickened and amber color. When cold spread on cake.

DATE FILLING.

$\frac{1}{2}$ lb. dates	$\frac{1}{2}$ cup water
$\frac{3}{8}$ cup sugar	butter size of walnut
1 lemon, juice and grated rind	

Stone and chop dates fine, mix all ingredients together and cook till soft.

CREAM FILLING.

2 cups hot milk	1 cup sugar
2 eggs	2 heaping Tbsp. flour
1 tsp. vanilla	

Beat eggs all together, mix flour and sugar together, and add to eggs, turn hot milk on slowly, then put back in double boiler and cook fifteen minutes, stirring constantly until it thickens. Flavor when cold.

CREAM PUFFS.

1 cup water

 $\frac{1}{3}$ " butter

1 cup flour

3 eggs

Have water boiling on stove, add butter, when melted remove from stove and stir in flour; let this cool. Add whole eggs, one at a time, mixing them in with hand. Drop on buttered tin, making them look rough, and bake twenty-five minutes in hot oven; do not open oven door for fifteen minutes. Makes twelve puffs.

BEVERAGES.

GRAPE JUICE.

8 qts. Concord grapes, picked off stems
3 qts. water

Boil five minutes. Strain. To every two qts. juice add one cup sugar, boil five minutes. Bottle and seal air-tight while hot.

BARLEY WATER.

1 cup Pearl Barley 10 cups water

Simmer four or five hours, adding water to keep same amount. Strain, add lemon juice and sugar to taste. May be used hot or cold. Excellent for invalids.

LEMONADE.

Squeeze the juice from one-half lemon into a tumbler, add three teaspoonsful sugar, and fill tumbler with hot or cold water. If lemon is not juicy, use the juice of whole lemon.

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Black Bean Soup	1
Cabbage Soup	2
Celery Soup	2
Corn Soup	3
Lentil Soup	1

Mock Bisque Soup	4
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Onion Soup	4
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Pea Soup	1
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Potato Soup	3
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Potato Chowder	3
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Spinach Soup	2
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Tomato Soup	4
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Vegetable Soup	2
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VEGETABLES:

Barley (plain)	17
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Cabbage	13
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Carrots	15
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Cauliflower	13
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Green Peas	16
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Lima Beans	17
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Onions:

Boiled	14
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Creamed	14
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Escalloped	14
------------------	----

Fried	14
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Parsnips:

Boiled	15
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Creamed	15
---------------	----

Escalloped	15
------------------	----

Fried	15
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Potatoes:

Boiled	11
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Chips	13
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Creamed	11
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Escalloped	12
------------------	----

Fried	12
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Lyonnaise	12
-----------------	----

Mashed	11
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Riced	11
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Soufflé	12
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Salsify

Salsify	14
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Sieva Beans

Sieva Beans	17
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Spinach

Spinach	13
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Squash:

Baked	14
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Boiled	14
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Sweet Corn

Sweet Corn	16
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Tomatoes:

Baked Stuffed	16
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Broiled	16
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Escalloped	16
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Fried Green	15
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Stewed	16
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